

2009 Moultonborough Suicide Prevention and Mental Health Coalition

Another year has ended with the successful collaboration of Northern Human Services, the Moultonborough Family Health Center and The Moultonborough Suicide Prevention and Mental Health Coalition to ensure that individuals living in the Moultonborough area will have optimum access to mental health and suicide prevention services. The collaboration has also ensured that Northern Human Services received the support and funding to provide these services in Moultonborough in a timely way and regardless of the ability of recipients to pay for them. The Coalition and Northern are also thankful to The Moultonborough Family Health Center and its staff for providing a free, comfortable space and administrative support to Northern Human Services for another year.

Currently, three licensed clinical social workers from Northern Human Services are providing therapy at the Moultonborough Family Health Center to clients with mental health concerns including depressive disorders, anxiety disorders, schizophrenia, bipolar disorder, and adjustment disorders to a variety of life stressors. In 2009, a total of **280** appointments were made in Moultonborough by **53** individuals ranging in age from five years old to eighty nine years old. **17** of these were males. **3** of these individuals came from surrounding towns by referral from the Moultonborough Family Health Center due to emergency concerns. Cumulatively, there were **58** late cancellations/no shows making the total of actual face-to-face visits **222**. Services were rendered on Tuesday afternoons every other week and every Friday up to a full day depending on appointments scheduled, and on Wednesday afternoons and alternate Tuesdays on an as needed basis. Evening appointments were offered as needed.

In general, referrals for services have come consistently from Moultonborough Family Health Center, Moultonborough Family Care, Moultonborough Town Offices, the Moultonborough Schools, and the Moultonborough Police Department. Consultation to these referral sources was available five days a week during normal business hours and through our Emergency Services afterhours 24/7.

Northern Human Services, reports that 50% of the individuals seen were uninsured, paying as little as \$0 for their visits to \$20 for their visits. Funds provided by The Moultonborough Coalition enabled Northern Human Services to extend our sliding fee scale to accommodate these individuals truly to their ability to pay for services. The majority of these were young, working poor who do not qualify for Medicaid and are otherwise uninsured. To date, we have seen no **self pay** clients with incomes enabling more than \$20 per visit as means tested for income on our standard fee scale.

Approximately 25% of the individuals seen have private pay insurance with co-pays that are higher than they can afford. These co-pays range from \$25 per visit to \$55 per visit. In some cases, several family members are seen individually which would otherwise require the family as a whole to pay combined co-pays of up to \$400 per month to cover their visits. Again, funds from the Moultonborough Coalition enabled Northern to provide the services these individuals and families need at greatly reduced rates making their mental health care affordable while at the same time the costs of our services are covered at the minimum rate that we require.

The remaining 25% of clients seen had either Medicaid/Care or adequate private insurance enabling Northern Human Services to bill directly to the insurer for those services rendered.

On December 16, 2009, 47 participants attended a free training entitled Violence to Self or Others: Interventions and Aftermath for police, first responders, town officials and agencies and emergency department personnel in Southern Carroll County. The Moultonborough Suicide Prevention and Mental Health Coalition provided funding for this event in collaboration with The Moultonborough Police

Department, Huggins Hospital, OCME, The NH Bureau of Behavioral Health, NAMI NH and Northern Human Services. By all accounts it was a highly successful training.

The Coalition members meet the 2nd Wednesday of the month at 4 p.m., at the Library meeting room. We invite those who may be interested to stop by and attend a meeting.

We are thankful for the Citizens of Moultonborough for its dedication to providing for the mental health and well being of the citizens in Moultonborough, and its first responders who respond to suicidal persons or experiencing a mental health crisis. We would again like to thank Eve Klotz, Clinical Director and the Northern Human Services staff and The Moultonborough Family Health Center for its support and generous offer of space and administrative support.

Respectfully submitted,
Peter Whelley & Scott Kinmond, Coalition Members